

Module 3 Ted Assignment

Module 3 TED Talk/Video Assignment

Paragraph 1: Summary of TED Talk - "Leading & Coaching" by Mark Smith

In the TED Talk "Leading & Coaching," Mark Smith shares his inspiring leadership story covering his playing, business, and coaching life. His leadership qualities began to manifest in his early playing career when he realized that leading by example was not only crucial on the pitch but also off the pitch. Smith again stresses that leadership is not about titles but about positively impacting others. Taking the same to himself from being a businessman, he understood that being consistent and being of integrity were the standards to be respected and to inspire others. As he transitioned into becoming a coach, Smith underlines doing the leading when there is a time for leading and the following when there is a time for following but always coaching for positive results. His journey is a commitment to self-improvement, adaptability, and the influence factor in impacting other people's choices.

Paragraph 2: Leadership Skills of Coach Trey Sullivan

Coach Trey Sullivan personifies leadership skills that have been tested and proven over time. His coaching goes beyond the technical ability of instruction; it is instructing character and creating a culture of respect, integrity, and compassion. Coach Sullivan is consistently a good role model, displaying discipline and work ethic that are admired and modeled by his players on and off the field. He is an effective communicator, speaking clearly and empathetically, and is good at making all of his players feel valued and heard. The ability to match high expectations with genuine concern for his players' well-being brings out personal and athletic development in his athletes. Trey Sullivan's leadership fosters an environment in which players are not only pushed to be the best athletes they can be, but to be well-rounded individuals as well.

Paragraph 3: Most Important Traits of an Effective Leader

One of the most important qualities I think is necessary in being an effective leader is discipline. Discipline is the foundation for consistency, preparation, and self-control, all of which are part of effective leadership. A self-disciplined leader is dedicated and devoted to his or her cause, and leads others by example. Preparation makes a leader ready for challenges and enables him or her to make the correct decisions, and consistency creates trust and reliability within a team. Self-discipline allows a leader to remain calm in difficult situations and serve as a role model. I identify these characteristics in myself and understand their significance within my role of leadership. By adopting discipline, preparation, consistency, and self-control, I look to have a positive impact on others and influence with integrity and intent.